

## Suicide Awareness Alert

This alert has been issued because of specific intelligence relating to suicide activity on the rail network which it is believed may prompt individuals to take their own lives.



in partnership with  
  

<b>Date(s) applicable:</b> 14 December 2018	
<b>Date Issued:</b> 23 November 2018	
<b>Issued by:</b> Victoria Clent	
<b>Applicable route/operator:</b>	LNW / Virgin Trains
<b>Local suicide prevention representatives:</b>	Gemma Lavery (Network Rail) - 07515 620641 David Johnson (Virgin Trains) - 07500 447541

### Nature of alert:

#### **On 14 December 2017, a 14 year old boy took his own life at Leighton Buzzard at around 16:00**

He had been receiving mental health treatment for anxiety and depression and his condition was said to be improving before he took his own life in what the Coroner's report described as 'a fatal impulse'.

Trauma counselling was provided by his school following the incident and there is a concern that the first anniversary of this event could possibly lead to:

- vulnerable people being attracted to the same location to take their own lives
- mourners arriving at the site to hold vigils, which may impact upon the safety and operation of the railway
- memories being triggered for rail staff involved in the incident

### Recommended action:

Consideration should be given to Network Rail, staff of operators or BTP officers visiting the location of the incident around the time it took place to be on the look-out for:

- persons showing signs of distress or upset who may be at risk of suicide, or mourners gathering in an acts of remembrance
- any tokens of remembrance, which in line with industry guidance should be removed

It might also be appropriate to promote the industry's *Small Talk Saves Lives* campaign locally around this time to heighten community awareness of suicide prevention.

Managers of staff who may have been involved in the incident or could be affected by its anniversary should look for signs of trauma amongst them and offer support as per their organisation's welfare arrangements.

### Support and additional information

Should you wish to comment on the content of this alert please contact Victoria Clent at [victoria.clent@networkrail.co.uk](mailto:victoria.clent@networkrail.co.uk)



**Individuals requiring emotional support** can call Samaritans any time, free from any phone on **116 123**

The rail industry's award winning suicide prevention Learning Tool can be found at: [www.nspglearningtool.co.uk](http://www.nspglearningtool.co.uk). Watching the 30 minute briefing module might just save someone's life

To find out more about the rail industry's suicide prevention programme contact: [suicideprevention@raildeliverygroup.com](mailto:suicideprevention@raildeliverygroup.com)

### BTP Suicide Prevention

#### Hotline - If rail staff have



an immediate concern that a person might harm

themselves or be at risk on the railway they can call the BTP on **0300 123 9101**

The compiler of this alert should forward it to the NRNOCC Duty

Manager at:

[generic-NCC@networkrail.co.uk](mailto:generic-NCC@networkrail.co.uk)